



## Talking with your doctor – Make the most of your appointment

by National Institutes of Health (NIH)  
U.S. Department of Health and Human Services

Patients and health care providers share a very personal relationship. Doctors need to know a lot about you, your family, and your lifestyle to give you the best medical care. And you need to speak up and share your concerns and questions. Clear and honest communication between you and your physician can help you both make smart choices about your health.

Begin with some preparation. Before your health exam, make a list of any concerns and questions you have. Bring this list to your appointment, so you won't forget anything.

Do you have a new symptom? Have you noticed side effects from your medicines? Do you want to know the meaning of a certain word? Don't wait for the doctor to bring up a certain topic, because he or she may not know what's important to you. Speak up with your concerns.

"There's no such thing as a dumb question in the doctor's office," says Dr. Matthew Memoli, an infectious disease doctor at NIH. "I try very hard to make my patients feel comfortable asking questions, no matter how dumb they think the question is."

Even if the topic seems sensitive or embarrassing, it's best to be honest and upfront with your health care provider. You may feel uncomfortable talking about sexual problems, memory loss, or bowel issues, but these are all important to your health. It's better to be thorough and share a lot of information than to be quiet or shy about what you're thinking or feeling. Remember, your doctor is used to talking about all kinds of personal matters.

Consider taking along a family member or friend when you visit the doctor. Your companion can help if there are language or cultural differences between you and your doctor. If you feel unsure about a topic, the other person can help you describe your feelings or ask questions on your behalf. It also helps to have someone else's perspective. Your friend may think of questions or raise concerns that you hadn't considered.

Many people search online for health information. They use Web-based tools to research symptoms and learn about different illnesses. But you can't diagnose your own condition or someone else's based on a Web search.

"As a physician, I personally have no problem with people looking on the

see **DOCTOR** | 14

## Free Dementia Dialogues course begins soon

by Sheryl **KNIGHT**  
Davis County Senior Services

Dementia Dialogues is a free course that provides information and other skills to help individuals better care for dementia or other related diseases.

Topics include the basic facts, communication skills, keeping the environment safe, addressing

challenging behaviors, and creative problem-solving. Dementia Dialogues will be held on Tuesdays, Jan. 15, 22, and 29, 6-8:30 p.m., at the Pheasant View Assisted Living (1242 E. Pheasant View Dr., Layton).

Seating is limited. Call Davis County Senior Services at 801-525-5127 for more information or to reserve your seat.

## Events in January

### Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

- 1 - Closed for New Year's Day
- 3 - Arts & Crafts 9 a.m.
- Crazy quilters 10 a.m.
- Food pantry 12 p.m.
- 11 - AARP Smart Drivers Class 10 a.m.-2:30 p.m. (sign-up required)
- Snow "Ball" party luncheon 11 a.m.
- 14 - Daughters of Utah Pioneers 10 a.m.
- Bingo 10:15 a.m.
- 16 - Ceramics noon
- Pinochle card game 12:30 p.m.
- 21 - Closed for Martin Luther King Jr. Day
- 29 - Closed for employee training
- 31 - Wire wrapping 8:30 a.m.
- Tai Chi 9:30 a.m.
- Shopping day (sign-up required)

### Golden Years Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

- M/W/F - EnhanceFitness 8 a.m.
- 1 - Closed for New Year's Day
- 3 - Sing-a-Long 10:30 a.m.
- 11 - Lapidary 8:30 a.m.
- 18 - Trip to Hardware Ranch (Sign up required)
- 21 - Closed for Martin Luther King Jr. Day
- 22 - Book Club (The Pearl of China) 12:30 p.m.
- 25 - Birthday party 11 a.m.
- 29 - Closed for employee training

### North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

- M/W/F - Texas Hold 'Em Poker noon
- Bingo 12:30 p.m.
- T/Th - Tai Chi for Arthritis & Fall Prevention 10:15 a.m.
- 1 - Closed for New Year's Day
- 2, 16, 30 - Food Bank
- 3 - Attorney by appointment
- 7 - Presentation by Lighten Hospice 11 a.m.
- 8, 22 - Blood Pressure Clinic 10:30 a.m.
- 8, 22 - Shopping at Walmart 12:30 p.m.
- 9 - Medicare Presentation 11:15 a.m.
- 9, 23 - Cards for a Cause 10 a.m.
- 14 - Book Club 10:15 a.m.
- 21 - Closed for Martin Luther King Jr. Day
- 29 - Closed for employee training

See more at [daviscountyutah.gov/seniors](http://daviscountyutah.gov/seniors)



**Davis**  
COUNTY

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Kristy Cottrell, Division Director

Bob Ballew, DCHD Public Information Officer

Mailing Address

Physical Address

P.O. Box 618, Farmington, UT 84025

22 S. State Street, Clearfield, UT 84015

(801) 525-5050

All issues of Senior Living are available at [www.daviscountyutah.gov/senior\\_living](http://www.daviscountyutah.gov/senior_living)



# County's Senior Services joins national campaign

by Kristy **COTTRELL**

*Davis County Senior Services Director*

Many people living in Davis County will likely find themselves helping a relative or friend manage their health and wellness.

Davis County Senior Services is participating in the Home for the Holidays campaign in response to numerous requests from members of

our community who provide some form of care to loved ones who do not live nearby. The campaign provides support for these long-distance caregivers with tips, tools, and resources that can assist them as they care for their relatives and friends – no matter where they live.

Most caregivers support family members by helping them manage long-term physical conditions, arrange medical appointments or secure

in-home services – all while not living near the care recipient. Our programs support caregivers – including long-distance caregivers – and provide them with needed tools and resources that enable them to better care for their loved ones.

The annual public education campaign called Home for the Holidays is led by the Eldercare Locator, the National Association of Area Agencies

on Aging, the U.S. Administration for Community Living, and is partnering this year with the National Alliance for Caregiving.

For more information about the campaign and local resources available for older adults and their caregivers, contact Davis County Senior Services at 801-525-5050 or the Eldercare Locator website at [www.eldercare.acl.gov](http://www.eldercare.acl.gov).

## Have you received your new Medicare card?

by Jackie **SMITH**

*Davis County Senior Services*

Medicare has removed Social Security numbers from Medicare cards to help prevent fraud and protect against identity theft.

Because of the number of new cards that need to be sent, the Centers for Medicare and Medicaid (CMS) have been sending out cards in waves based partly on geographic location. Utah beneficia-

ries started to receive new cards in September. CMS announced that they have finished the mailings for Utah as of the end of November 2018.


If you have not received your new card, CMS suggests that you:

- Sign in to your [MyMedicare.gov](http://MyMedicare.gov) account to see when your card was/is scheduled to be mailed. If you don't have a [MyMedicare.gov](http://MyMedicare.gov) account yet, you can visit [MyMedicare.gov](http://MyMedicare.gov) to create


one. After your card was mailed you can use this account to see your new Medicare number and print out an official copy of your new card.

- Call 1-800-Medicare where they can verify your identity, check your address, and help get you a new card.

If you have questions or concerns, you can also contact Davis County Senior Services at 801-525-5050.



**Davis County Health Department**  
 Senior Services  
 801-525-5050 • [daviscountyutah.gov/health/senior-services](http://daviscountyutah.gov/health/senior-services)



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Patient Name: \_\_\_\_\_
 Date: \_\_\_\_\_

Rx

For healthy aging do the following:

- ☐ Volunteer - call 801-525-5052
- ☐ Attend a senior activity center \_\_\_\_times per week
- ☐ Nutrition
  - ☐ Enjoy lunch at a senior activity center
  - ☐ Sign up for Meals on Wheels
- ☐ Learn about services to help you at home
- ☐ Get Medicare information and assistance
- ☐ Attend a class
  - ☐ Living Well with Chronic Conditions
  - ☐ Living Well with Diabetes
  - ☐ Group exercise classes - EnhanceFitness
  - ☐ Tai Chi for Arthritis & Fall Prevention
  - ☐ Workshops for preventing falls - Stepping On
- ☐ Rides to medical appointments
- ☐ Find caregiver support

**Senior Activity Centers**  
  
**Central Davis**  
 81 E. Center St., Kaysville  
  
**Golden Years**  
 726 S. 100 E., Bountiful  
  
**North Davis**  
 42 S. State St., Clearfield

For more information call 801-525-5050 to speak with a case manager, or visit a senior activity center near you.

## Openings for Caregiver Academy Workshop available

The Caregiver Academy Workshop is a series of classes designed to assist family and community caregivers in developing the skills needed to manage an in-home care environment. Davis County Senior Services offers the free workshop series from Jan. 17 through Feb. 21. The once a week classes will be held at the University of Utah Farmington Health Center (165 North University Avenue, Farmington) from 11 a.m. to 12:30 p.m. for six weeks.

### Schedule:

- Thursday, Jan. 17: Finding Caregiver Resources

- Thursday, Jan. 24: Building Caregiver Resilience
- Thursday, Jan. 31: Setting Good Care Boundaries
- Thursday, Feb. 7: Involving Family and Others
- Thursday, Feb. 14: Managing Difficult Behaviors
- Thursday, Feb. 21: Understanding Care Options

A reservation to attend the workshop is required since space is limited. To reserve a spot or for more information, contact Megan Forbush at 801-525-5088.

## DOCTOR

*Continued from page 13*

Web for information, but they should use that information not as a way to self-diagnose or make decisions, but as a way to plan their visit with the doctor,” says Memoli. Ask your doctor to recommend specific websites or resources, so you know you're getting your facts from a trusted source. Federal agencies are among the most reliable sources of online health information.

Many health care providers now use electronic health records. Ask your doctor how to access your records, so you

can keep track of test results, diagnoses, treatment plans, and medicines. These records also can help you prepare for your next appointment.

After your appointment, if you're uncertain about any instructions or have other questions, call or email your health care provider. Don't wait until your next visit to make sure you understand your diagnosis, treatment plan, or anything else that might affect your health.

Your body is complicated and there's a lot to consider, so make sure you do everything you can to get the most out of your medical visits.

## Medicare 101 classes offered

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Wednesday, Jan. 23, 6:30-7:30 p.m. – Kaysville Library (215 Fairfield

Road, Kaysville)

- Wednesday, Feb. 13, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or [jmsmith@daviscountyutah.gov](mailto:jmsmith@daviscountyutah.gov).




**Senior Homecare by Angels**

[VisitingAngelsUtah.com](http://VisitingAngelsUtah.com)

- Joyful Companionship
- Medication Reminders
- Hygiene Assistance

- Light Housekeeping
- Respite Care
- Mobility Assistance

- Errands & Shopping
- Dementia/Memory Care
- End of Life Care

### 801-820-5874 • Now Hiring Caregivers